

# HALF THE ILLS OF LIFE ARE DUE TO CATARRHAL DISEASES

## Colds Invariably Result in Catarrh Which Sets Up a Host of Distressing Diseases.

### CATARRHAL DISEASES

Are Most Prevalent in Winter.

IS THERE NO WAY OF ESCAPE FROM THEM?

PE-RU-NA NEVER FAILS

To Cure Catarrh Wherever Located.

How Prevented—How Cured—By the Renowned Medical Author and Physician, Dr. Hartman.

Hundreds of Letters Attesting to the Value of Pe-ru-na in All Forms of Catarrhal Diseases.

The Way to Avoid Catarrhal Diseases is to Fortify the System With Pe-ru-na.

From New York to Oklahoma Come Letters of Endorsement for Peruna.

A whole page of evidence that Peruna cures catarrh in all stages and phases. The evidence comes from all sections from Ontario to Louisiana, from the city of New York to Oklahoma. Everywhere the same opinion prevails that Peruna will cure a cold with promptness, that Peruna will cure a cough with absolute certainty, that Peruna will cure catarrh permanently.

These are the things that people all over the United States believe and with good reason. The testimonials come from all classes. The Senator's wife and the wife of the humblest peasant, the society woman and the housewife, the literary woman and the servant girl, all alike insist that there is no remedy the equal of Peruna in coughs, colds, catarrh and all other climatic diseases of winter. Men of letters, men of national reputation and men of the masses agree that Peruna is the national catarrh remedy.

No more interesting page of reading matter could be imagined. Surely no more profitable information could be desired.

If it be true that Peruna will do all these things it is certainly an important thing that every one ought to know. The epidemic and contagious diseases have been greatly mitigated by sanitary and hygienic regulations, but the climatic diseases of this country remain as formidable as ever. There is no way known to man to mitigate climate or stay the ravages of its constant changing temperature. Blizzards will come. Slush and rain and cold will follow and no man can hinder.

There is no remedy for these things except you fortify the system against them. There is no cure for climatic diseases when once established except in some well devised systemic remedy like Peruna. Local remedies do little good. Sprays and snuffs, inhalants, applications do not reach the root of the difficulty.

This is what the people are finding out all over the United States and Canada. Hence, the tremendous demand for Peruna. Hence, the unprecedented popularity of this great remedy. Never before in the history of medicine has the progress of Peruna been equalled.

Read what these people say. Every one of these testimonials are absolutely genuine and are given in the exact words of the signer. The cause of Peruna has no need of spurious testimonials. Thousands upon thousands of testimonials await publication. They have come to the manufacturers of Peruna unsolicited from every State in the Union. Read what these people say.

By heeding these timely words you may save yourself a long sickness or the acquisition of an incurable disease. A multitude of people will acquire a cold this winter, of which they will never be able to rid themselves. This cold will finally destroy their lives. Will you be one of this number? The way to avoid this is to get some Peruna at once. Post yourself up as to the use of this remedy and you will run little or no chance of joining that vast multitude of invalids, the victims of some chronic disease which has been acquired as the direct result of catching cold.

### CATCHING COLD.

How Prevented—How Cured—By the Renowned Medical Author and Physician, Dr. Hartman.

There is no fact of medical science better established than that a teaspoonful of Peruna before each meal during the winter season will absolutely protect a person from catching cold. Now if this is true (and there is no doubt of it), thousands of lives would be saved, and tens of thousands of cases of chronic catarrh prevented, by this simple precaution within reach of every one.

After a cold has been contracted a teaspoonful of Peruna every hour will shortly cure it, leaving no trace of it behind. After chronic catarrh has become established, or the first stages of consumption have been reached, it will take much longer to effect a cure. It seems strange that as well known and as well established as these facts are that anyone should neglect to profit by them, and yet no doubt there are many who pay little or no attention to them and go on catching cold, acquiring chronic catarrh and consumption.

Miss Lou Cetchum, 1155 Bass Avenue, Memphis, Tenn., writes: "Peruna brought me relief and health, and I firmly believe in its efficacy. I had a gripe last winter and suffered for several weeks without obtaining relief until I took Peruna. Three bottles not only cured me completely, but it left my system in a fine condition, and I feel better than I have for years. You have a host of friends in Memphis."

MISS LOU CETCHUM.

### Catarrh of the Ear.

Mr. Archie Godin, 188 Beech Street, Fitchburg, Mass., writes: "Peruna has cured me of catarrh of the middle ear. I feel better than I have for several years."—Archie Godin.

Mr. J. B. Reese, Habnab, Md., writes:

"Two years ago I became a sufferer with catarrh which continued to grow worse, and made me miserable. I could scarcely smell at all, and my taste had almost left me. My head ached constantly, and at times I had high fever and bleeding at the nose. I was a perfect wreck."

"I tried several doctors, but derived no relief. I read in one of your little booklets called 'Ils of Life' of Peruna being a 'sure cure' for catarrh, and procured a bottle at once. After the use of one bottle I felt some better, so I tried the second and the third, and now I am a well man."

"My health is much better than it has been for three years. All praise is due Peruna."

J. B. REESE.

Mrs. Maria Goertz, Cleo, Oklahoma, writes: "My husband, children and myself have used your medicines, and we always keep them in the house in case of necessity."—Mrs. Maria Goertz.

Miss Lizzie Brady, No. 47 Hoyt Street, Brooklyn, N. Y., writes:

"I desire to speak in the highest terms of Peruna, the medicine which I believe is entitled to more praise than any other, and to the confidence and good will of every woman in America. Last winter I caught a severe cold, which settled all over me and as I at first paid but little attention to it, I soon found that it had a strong grip on me which no medicine could cast off. I became weak and irritable, I felt nervous and mentally and physically exhausted."

"I relished nothing I could eat, and medicine only exhausted me. In my trouble I read in the paper of Peruna. I sent for a bottle and I proved a God send to me. I improved slowly but surely, and in less than two months perfect health was restored to me."

LIZZIE BRADY.

### Catarrhal Diseases Are Most Prevalent in Winter.

IS THERE NO WAY OF ESCAPE FROM THEM?

Pe-ru-na Never Fails to Cure Catarrh Wherever Located.

There are some things which are as sure as fate, and can be relied on to occur to at least one-half of the human family unless means are taken to prevent. First, the climate of winter is sure to bring colds. Second, colds not promptly cured are sure to cause catarrh. Third, catarrh improperly treated is sure to make life short and miserable. Catarrh spares no organ or function of the body. It is capable of destroying

Peruna cures catarrh, wherever located, with the same surety and promptness. There are no substitutes for Peruna.



Henry Burke

Hon. Henry Burke, Court Officer of the Municipal Court, No. 491 Broadway, Minneapolis, Minn., writes:

The Peruna Medicine Company, Columbus, Ohio:

Gentlemen—"After having used Peruna for a few weeks I find that it is a most excellent remedy for the grip and a serious cold. I recommend it to my friends as a sure remedy for people that contract colds or catarrh in the winter time."—HENRY BURKE.

sight, taste, smell, hearing, digestion, secretion, assimilation and excretion. It pervades every part of the human body, head, throat, stomach, bowels, bronchial tubes, lungs, liver, kidneys, bladder and other pelvic organs. That Peruna cures catarrh wherever located is attested by the following testimonials sent entirely unsolicited to Dr. Hartman by grateful men and women who have been cured by Peruna:

### Catarrh of the Head.

Mr. D. R. Ramsey writes in a recent letter from Pine Bluff, Ark., the following:

"My son, Leon Ramsey, four years of age, suffered with catarrh of the head for eighteen or twenty months. He took one bottle of your Peruna and could hear as good as ever."—D. R. RAMSEY.

### Catarrh of the Nose.

Mr. Herman Ehlike, 352 Orchard Street, Milwaukee, Wis., writes:

"I am entirely cured of my catarrh of the nose by your Peruna. My case was a severe one."—HERMAN EHLIKE.

### OLD TIME BLIZZARDS.

Have been Raging, Bringing Discomfort, Disease and Death.

Did you catch cold during the last cold spell?

Did it leave you with a cough or tickling or soreness in your throat, or a slight discharge from the nose or ear or ringing in the head?

If any of these things are true you are in the first stages of chronic catarrh. Peruna will cure you now in a very short time.

If you wait until the catarrh becomes chronic it will take much longer to get a permanent cure. Besides, no one is safe a moment while chronic catarrh is in the system.

It is capable of producing a multitude of diseases such as bronchitis, pneumonia, quinsy, dyspepsia, Bright's disease, and many forms of female weakness. This fact should lead every one who has the slightest cold or cough to begin at once the proper treatment.

Peruna is the remedy for all this class of diseases. It removes the disease by removing the cause, catarrhal inflammation of the mucous membrane.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

### Catarrh of the Throat.

B. H. Runyan, Salesville, O., writes: "I suffered with catarrh of the throat for five years. I was induced to try Peruna. I have used five bottles and am perfectly well."—B. H. RUNYAN.

### Catarrh of the Lungs.

Mrs. Emilie Kirkhoff, Ada, Minn., writes: "Through a violent cold contracted last winter, I became afflicted with catarrh of the nose, which in a short time affected my lungs. I took Peruna, which cured me thoroughly. I now feel better than I have for forty years."—Mrs. Emilie Kirkhoff.

### THE FIRST STAGE OF CATARRH

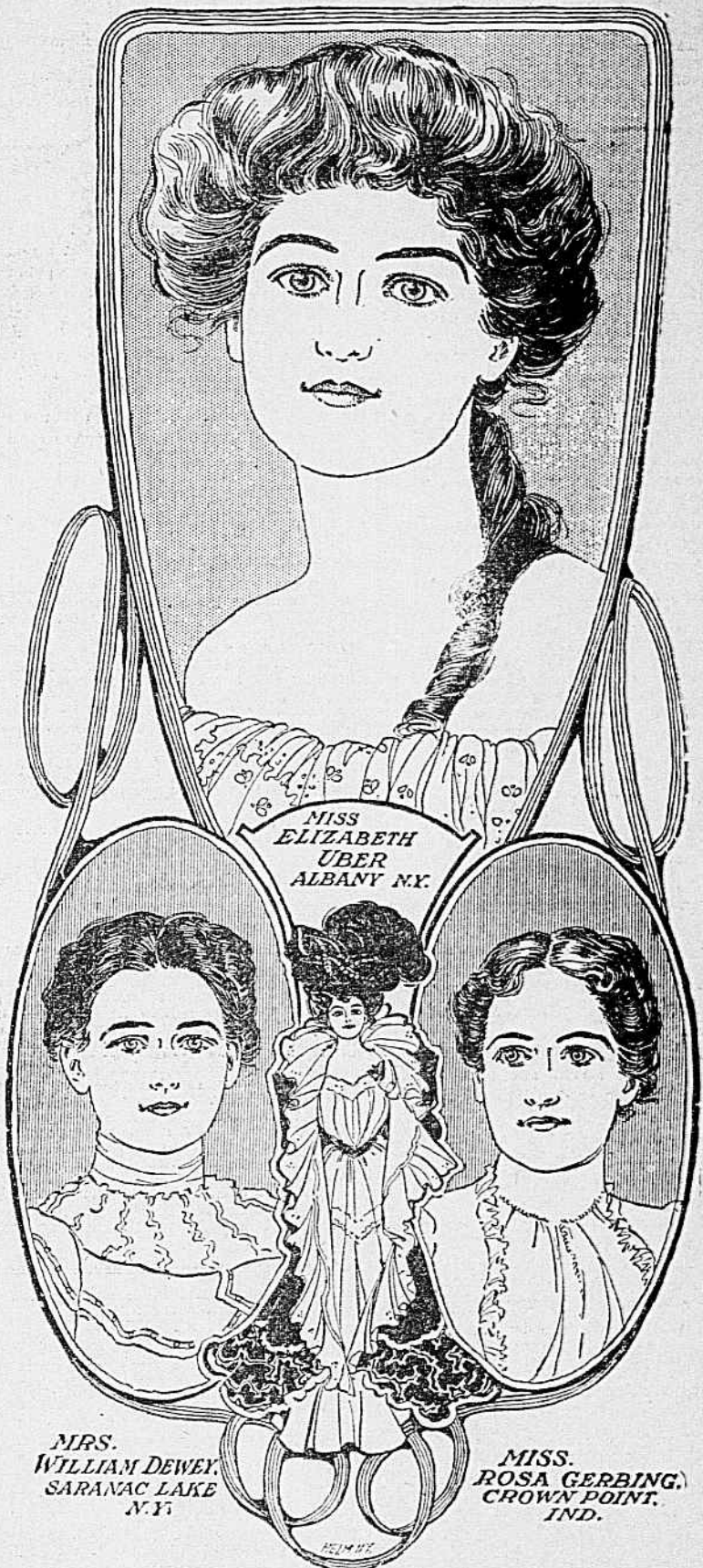
A Serious Mistake Which Thousands Are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat, or lungs. Its beginning is sometimes so severe as to cause a chill and consider-

Mr. Robert Metters, of Murdock, Bass

Co., Neb., box 45, writes: "I had catarrh from my head all through my system. I took Peruna until I was entirely cured. I am eighty-three and a half years old, and feel as young as I did ten years ago."

"I visited recently among some old friends, who said I looked as young as I did twenty years ago."



MISS ELIZABETH UBER ALBANY N.Y.

MRS. WILLIAM DEWEY SARANAC LAKE N.Y.

MISS ROSA GERBING CROWN POINT IND.

Mrs. William Dewey, Saranac Lake, N. Y., is a second cousin of Admiral Dewey. In a recent letter she says:

"Peruna is the most valuable of any remedy that I have ever used for coughs, colds, etc. I cheerfully recommend it as a certain cure if used according to directions."—MRS. WM. DEWEY.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

### Catarrh of the Bladder.

Mr. John Smith, 311 S. Third Street, Atchison, Kan., writes: "I was troubled with catarrh of the urethra and bladder for two years. At the time I wrote to you I was under the care of my home doctor, and had been for four months."

"I followed your directions but two months, and can say Peruna cured me of that trouble."—JOHN SMITH.

Mr. Hugh Mooney, 510 West Forty-second Street, New York City, Secretary of Union 55, of the Executive Firemen of New York, writes:

"I can recommend Peruna to be the only genuine catarrh remedy that I have ever tried. (I have tried a great many during the five years that I have suffered with catarrh.) Subject to colds as I am from drafts and sudden changes of temperature, every new cold brought its own fresh attack of catarrh. At times my nose was stopped up, and there was a noise like the rumbling of thunder in my ears, and a painful headache went with it. A friend advised me to take Peruna, as it had cured him; I bought five bottles of it, and when these were finished my catarrh had disappeared."

"I bought five more and I have three of them yet, and whenever I get a fresh cold I take a few doses of Peruna as a preventative from catarrh."

"The symptoms never present themselves now."—HUGH MOONEY.

### A Senator's Wife.

Mrs. Verona E. Roach, wife of United States Senator Roach, from North Dakota, writes:

"I can cheerfully recommend Peruna. Indeed, I know of no other remedy as good. It is a grand tonic, and many of my friends have used it for catarrh with good results."—VERONA E. ROACH.

### Catarrh of the Kidneys.

Peter J. Under, Hawley, Pa., writes: "I think that I am perfectly cured of catarrh of the kidneys by Peruna, as I have no trouble of any kind."—PETER J. UNDER.

Mr. Hector Verrett, private secretary to the Hon. Solicitor General of the Dominion of Canada, Parliamentary Buildings, Ottawa, Ont., writes: The Peruna Medicine Co., Columbus, Ohio:

Gentlemen—"Last winter I suffered for over two weeks with a gripe, and tried several remedies until earnestly advised to try nothing but Peruna. I decided to try it against the advice of the physicians, and bought a bottle."

"I am pleased that I did, for I have found it without exception the finest medicine I have ever used. Within three days I was completely restored, and I have found since that it is a valuable tonic and appetizer, in fact, superior to anything I know for the stomach."

HECTOR VERRETT.

### Catarrh of the Stomach.

A. W. Graves, of Hammond, Ind., writing to Dr. Hartman, says:

"I am well of catarrh of the stomach after suffering two years. I have taken five bottles of Peruna and one of Mandala, and I feel like a new man now."

A. W. GRAVES.